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THOR'S PERSONAL TRAINER LETS YOU IN ON HOW TO GET THAT CHISELLED LOOK

PAGE 11



LONDON

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Tuesday, April 24, 2012



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CALLING ALL SUPERHEROES

They're real and they're masked, where it's legal. With numbers nearing 600, real-life superheroes are making their rounds in communities across Canada and the United States, preventing — and in some cases fighting — crime and performing acts of charity. Metro takes a look into their world. Story, pages 4 & 5. PETER TANGEN/FOR METRO

All in a Knight's work

Team heads into Game 3 with Kitchener Rangers PAGE 2

Banker or broker?

An independent operator could get you a better mortgage rate PAGE 16

Curry in a hurry

Go for the buffet at Massey's Fine Indian Cuisine LUNCH RUSH, PAGE 12

Reservoir Hill reservations

Towering ambition. Opponents of condo development to make last pitch to save wooded lot



ANGELA MULLINS
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After more than a decade of wrangling, opponents of a 12-storey, 165-unit tower across from Storybook Gardens will get one last chance to plead their case Tuesday.

The end result of the battle — over land at Commissioners Road West and Springbank Drive — could boil down to political lobbying.

"Unless we can get two councillors to switch their

votes, we will lose it," condo opponent Bill Hopkins said. "We've been advised (that more people going) to the public hearing ... would make a difference."

Hopkins' home abuts the property, commonly called Reservoir Hill. Developer Tony Graat bought the five-hectare wooded lot in 1967, and his company — Ayerswood Development — sought to have

it rezoned for high-density residential use almost 12 years ago.

Council refused the request and Ayerswood's proposal to build two towers. The decision was appealed to the Ontario Municipal Board, which ruled the land should be rezoned, but only one condo built.

Since then, there's been a series of site-plan submissions from Ayerswood, rejections

Have your say

- People can comment on the Reservoir Hill development at 7 p.m. Tuesday at city hall.

from council and OMB rulings upholding the 2001 decision. The final development proposal arrived at city hall last year

— the 12-storey tower that opponents say is nearly 50 per cent larger than what the OMB intended.

With a new city council, Ayerswood won favour and councillors approved the site plan with a 9-5 vote in September.

City planners want the condo to move ahead, and will make a recommendation after Tuesday's meeting. The final decision is expected on May 1.

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NEWS

On the web

Bulldog has his day

Tyson, a beloved English bulldog, doesn't bite ears like his namesake, boxer Mike Tyson, but he does bear the title of champion. The two-year-old pup with a fetching face and a winning personality was crowned the winner of this year's "Beautiful Bulldog" pageant Monday in Des Moines, Iowa. Full story at metronews.ca.

A real hack job

Estonian hackers' cyber-gremlin could force users offline, warns both the FBI and the Canadian Internet Registration Authority. Full story at metronews.ca.

Mobile news



Tweed-clad protesters upset that Abercrombie & Fitch's laid-back look will be coming to London's Savile Row took to the street Monday. The American chain is set to open in the same shop where the Beatles gave their final performance from the rooftop on Jan. 30, 1969. Scan for the story.

Police stunned

5,550 charges laid in seatbelt blitz

Ontario Provincial Police laid more than 5,500 seatbelt charges during their spring seatbelt campaign.

Police say it's clear people still don't understand the importance of seatbelts.

THE CANADIAN PRESS

Tips needed

Police search for missing teen

London police are asking for help finding 17-year-old Gunoh Lee, who was last seen on Monday just after midnight in the area of Skyline Avenue and Chambers Avenue. Contact police at 519-661-5670. **METRO**



Gunoh Lee CONTRIBUTED

Western University

Medical centre gets financial boost

The Ontario Institute for Cancer Research (OICR) has awarded \$4 million over four years to a local centre striving to quicken the pace between medical discoveries and helping patients.

The money will go to the Centre for Imaging Tech-

nology Commercialization, which has sites at Western University's Research Park and Sunnybrook Research Institute in Toronto.

The centre offers a variety of resources to make sure researchers' work goes beyond the laboratory as quickly as possible.

OICR plans to pump \$18.3 million in the next four years into initiatives that push medical imaging to the next level. **METRO**

Knights hope to minimize Murphy's impact in Game 3

OHL playoffs. Come-from-behind wins have given London a 2-0 series lead over Kitchener

Special teams

4

The number of goals allowed by London's power play in 12 playoff games.



JOHN MATISZ
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After a pair of character-building victories to start the Western Conference final series, the London Knights have brought the magic number required to win an OHL title to six.

The outcome of Game 3 will undoubtedly set the tone for the rest of the best-of-seven duel, setting up either a clinching contest for London or a potential tying opportunity for the Kitchener Rangers.

Kitchener blue-liner Ryan Murphy was arguably the best player on the ice in London's 6-4 win Sunday night, despite having the best view of Scott Harrington's game-winning goal with just under a minute remaining in regulation.

Murphy, a first-round selection in last summer's NHL draft, has the Knights guessing all night long by comfortably going about his business as an offensive defenceman.

"We just have to contain

him, not give him too much time and space," assistant captain Scott Harrington said of the strategy employed in hopes of shutting down the smooth-skating rearguard. "If we're tight-checking him, we'll be able to limit his chances."

Keeping a lid on another NHL-bound Ranger presents another challenge to the Knights. Tobias Rieder, who is averaging a goal a game in the playoffs, sniped two short-handed goals in 39 seconds in Game 2's second period.

Trimming down their turnovers and staying out of the sin bin are secondary factors Harrington believes will guide the Knights to a 3-0 series stranglehold.

Considering they're a perfect 6-0 this playoffs when leading after two periods, getting the upper hand early will be helpful as well.

"It's something you don't really want to have to do," Harrington, 19, said of playing catch-up hockey, "but I thought we did a good job of bearing down (in Game 2) and sticking with our game



London Knights forwards Greg McKegg, left, and Andreas Athanasiou take a breather during practice at the JLC on Monday afternoon. Athanasiou has been inserted into the lineup for McKegg since he suffered an upper-body injury in Game 6 of the second round. JOHN MATISZ/METRO

plan."

Greg McKegg, a 31-goal scorer in the regular season, may return to the Knights lineup Tuesday after watching the first two games from the stands thanks to an

upper-body injury.

"Things are definitely moving in the right direction," the St. Thomas native said. "Tomorrow I'll skate in the morning, see how it feels, and go from there."



For John Matisz's take on who should win the OHL's most outstanding player award, visit metronews.ca.

Wind deals city a bigger blow than snow



A London Hydro worker repairs a power line next to a sheared-off tree limb Monday along Waterloo Street south of Central Avenue. About 1,500 customers lost power shortly before noon when strong wind gusts blew through the city. ANGELA MULLINS/METRO

Environment Canada's forecast of mixed rain and snow proved the least of London's worries Monday.

Instead, it was strong winds — gusting up to 74 kilometres per hour — that sent the city into a tailspin of downed tree limbs, causing power outages.

London Hydro crews spent most of the day restoring service to about 1,500 customers. The outages were reported shortly before noon around Baseline and Ridout and around

Waterloo Street near downtown.

Company spokeswoman Nancy Hutton said four hydro poles were broken in the Baseline neighbourhood. Wires and equipment were damaged at Waterloo and Wolfe streets.

All customers were expected to be back online by Monday evening.

The wind gusts were part of the same low-pressure system that had forecasters predicting a wintry blast for southern Ontario.

Slushy precipitation was originally expected to hit London in the late afternoon. Just before rush hour, meteorologist Geoff Coulson said go-time had been pushed back to late evening or overnight as the storm hung farther east than expected.

"There is a chance you'll get it, (but it likely will be) more rain than snow," Coulson said.

No accumulation was expected.

ANGELA MULLINS/METRO

Two years later. Murder charges laid in deaths of missing Alberta couple

A man long identified by police as a suspect in the deaths of an Alberta couple who were last seen nearly two years ago has been charged with first-degree murder in their deaths.

Mounties first named Travis Vader as a person of interest in the case on July 16, 2010 — 13 days after Lyle and Marie McCann were last seen alive and the same day their SUV was found east of Edson, Alta.

He has been in custody ever since on unrelated charges.

Investigators moved on the murder charges over the week-end even though the McCanns' bodies haven't been found.

"This is an excellent day. As a family, we're all relieved. We've waited a long time for this arrest," said Bret McCann, the couple's son.

"What happened to my parents? We're hoping that this will come out and I'm actually hoping that Mr. Vader can in the short term here (provide) some of these answers and maybe help us locate my parents."

The McCanns left St. Albert, a city bordering northeast Edmonton, on July 3, 2010. They were heading to B.C. in their motorhome and towing their SUV. **THE CANADIAN PRESS**

Deal

NDP to back Grit budget, averting election

Ontario's minority Liberals will survive Tuesday's crucial budget vote and avoid another election after striking a deal with the New Democrats

to hike taxes for the wealthy.

Placing a two percentage point surtax on incomes over \$500,000 was a key concession to lock in NDP support, even though the Liberals didn't meet all their demands.

The budget still falls short, but the public is better served by the two parties working together than "chasing votes," said NDP Leader Andrea Horwath. **THE CANADIAN PRESS**

Oda repays taxpayers for upgrading her hotel

Conference on immunizations.

Minister pays after media queries about her re-booking into a hotel at a much higher cost

Champagne tastes

"Can one night at the Savoy be justified? I suppose if you're in a high-flying rock band."

NDP'er Nathan Cullen

International Development Minister Bev Oda repaid taxpayers Monday for the cost of rejecting one five-star hotel in London, England, and re-booking at a swankier establishment at more than double the rate.

Oda's office revealed the reimbursement about eight hours after The Canadian Press first reported the hefty lodging bills, and three days after the agency began asking questions about the expenses.

Spokesman Justin Broekema said Oda paid the fee difference between the two hotels, as well as the cancellation fee at the first one.

Oda was originally supposed to stay at the Grange St. Paul's Hotel, site of the conference on international immunizations

she was attending.

Instead, she had staff re-book her into the posh Savoy overlooking the Thames, an old favourite of royalty and currently owned by Prince Alwaleed of Saudi Arabia.

The switcheroo is reminiscent of a controversial trip six years ago, when Oda rejected a minivan for transportation and opted for a limousine instead.

She reimbursed taxpayers for some of those costs after that story emerged in the news media.

Oda had a luxury car and driver in London shuttling her between conference site, her new hotel and beyond at an average cost of nearly \$1,000 a day. There was no indication from her office whether any of



International Development Minister Bev Oda refused to stay at one five-star hotel in London last year and re-booked elsewhere at more than double the cost. BEN FISHER/THE CANADIAN PRESS

those travel costs were reimbursed.

The bill for three nights at the Savoy last June set back taxpayers \$1,995, or \$665 a night. The government still had to pay for a night at the hotel she rejected, costing an additional \$287.

A juice Oda expended from the Savoy cost \$16.

Oda has been criticized for champagne tastes in the past.

In 2006, she used limousines to ferry her to and from the Juno Awards ceremony in Halifax, racking up \$5,475 in bills. **THE CANADIAN PRESS**

Zimmerman released from prison, awaits trial



George Zimmerman, left, walks out of jail. He posted bail on a \$150,000 US bond on a second-degree murder charge. BRIAN BLANCO/THE ASSOCIATED PRESS

In a low-key event, George Zimmerman was released from a Florida jail on \$150,000 US bail as he awaits his second-degree murder trial in the fatal shooting of unarmed teen Trayvon Martin.

The neighbourhood-watch volunteer was wearing a brown jacket and blue jeans and carrying a paper bag as he walked out of the Seminole County jail in the early morning darkness on Monday.

He was following another man and didn't look over at photographers gathered outside.

The two then got into a white BMW car and drove away.

Zimmerman gave no statement as he left the suburban Orlando jail.

His ultimate destination is being kept secret for his safety and it could be outside Florida.

As with the July 2011 release of Casey Anthony, the Florida woman acquitted of murder in the death of her young daughter, Zimmerman was released around midnight. But the similarities end there. Anthony was quickly whisked away by deputy sheriffs armed with rifles as angry protesters jeered her.

While news helicopters briefly tracked her SUV through Orlando before she slipped from public view, there was no such pursuit of Zimmerman, who will have to return for trial.

Circuit Judge Kenneth Lester said at a hearing Friday that Zimmerman cannot have any guns and must observe a 7 p.m. to 6 a.m. curfew. Zimmerman also surrendered his passport.

Zimmerman had to put up 10 per cent, or \$15,000, to make bail.

Zimmerman worked at a mortgage risk-management company at the time of the

shooting and his wife is in nursing school.

A website was set up to collect donations for Zimmerman's defence fund. It is unclear how much has been raised.

Bail is not unheard of in second-degree murder cases, and legal experts had predicted it would be granted.

His attorney, Mark O'Mara, has ruled out Zimmerman getting a job while he is out on bail. And O'Mara wrote in court papers that Zimmerman "has no significant financial assets or savings." **THE ASSOCIATED PRESS**

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The superheroes of your youth may no longer be complete fiction. Across the globe, masked avengers guard the streets to prevent and fight crime. Within a community that seems like a fantasy world, some people have pushed their childhood dreams further. Approximately 600 superheroes, often disguised by costumes, protect their communities in different ways. Alone or with teammates, these men and women patrol the streets of their cities to help those in need, often risking their own lives. We call them:

REAL-LIFE SUPERH



Superheroes, from left, Life, Zetaman, Crimson Fist, KnightVigil, Super Hero, Mutinous Angel, Motor Mouth, Geist, Z, Thantos, DC's Guardian, Phantom Zero, Nyx, Ragensi, Deaths Head Moth, Civitron, Zimmer, Citizen Prime, Dark Guardian and Master Legend.



NADIA FEZZANI
For Metro Canada

Although some might think they're crazy, Real-Life Superheroes (RLSH) are regular people who want to make a difference in the world. They are journalists, teachers, bouncers, business people, truck drivers, cashiers. When they put on their masks or outfits, they become the superheroes they want to be.

Some patrol the streets at night to fight crime. Many raise funds and do charity work for specific causes. Many give aid to those affected by natural disasters. However, one specialty does not limit the causes to which an RLSH contributes.

Surprisingly, documented Real-Life Superheroes have existed since 1969. Until a couple of years ago they were underground, trying not to be noticed. Some superheroes have been active for more than

20 years.

Many RLSH are motivated by their personal experiences. A victim of domestic abuse might raise funds for the cause. And a victim of violent crime might patrol the streets to keep people safe. Some RLSH are seeking fame, others do it for fun.

Whatever the motivation may be, fulfilling the mandate is not an easy task.

Some superheroes work every other weekend, while others patrol three to five nights a week. Several of them have children.

With no financial help, it can be an expensive activity — many superheroes offer water, food and warm clothing to their "wards" who live on the street.

Equipment costs can run high — cameras, walkie-talkies, pepper spray, Tasers.

Costumes — or uniforms, as some call them — are another consideration. Some choose them to be friendly-looking while others want

to intimidate law-breakers. Some can't be disguised at all, based on state and local law.

Depending on the danger of what they do, some superheroes must be cautious not to reveal their identities; the suspects they have helped get arrested could seek retaliation.

Does this sound like a job for you?

As Sage Michael reminds us in his book *How to Become a SuperHero*, not all fictional superheroes have super powers. Batman and Iron Man are the most human personas: Mortal, with strengths and weaknesses.

What is not negotiable: Good values, positive motivation and training for the task. Control and respect are important, too, as many new RLSH sometimes push the limit too far, becoming vigilantes. The goal is to use their strength for the right motives, to respect the law and let authorities do their work.

Quoted

"In 2007 there had been floods in Minnesota, so I bought a lot of supplies to distribute. After dropping them off in two cities, a pastor in Lewiston told me, 'If you can get into Stockton...!' They got hit hard. There were mud slides and rock falls. The roads were barely passable. Homes were destroyed and there were several fatalities. The Salvation Army was at the emergency centre with a truck for support. I was also there with a small truck. As I was carrying the bags, I saw a highway patrolman on foot. Being in full costume, I momentarily surprised the officer, and he instinctively put his hand on his Taser. I asked, 'Where can I put these supplies?' He said, 'Ah! Right over here.' I said, 'OK, great! I have a truckload more.' He said, 'Do you want help?' And I said, 'No, sir! I'm a superhero.' And he laughed. I think it was the first laugh he had all day."

Geist

This superhero devotes his efforts to helping the homeless and those touched by tragedy



In Metro Wednesday

- **Thantos.** Meet Vancouver's very own superhero.
- **Plus:** Female superheroes

In Metro Thursday

- **Super villains vs. Superheroes:** Who are super villains and what role do they play?

More at metronews.ca

- **Geist: The "Green Space-Cowboy" superhero.** Dressed in a long trench coat, cowboy hat and a green scarf covering his face, Geist's costume is often described as "green space-cowboy chic." He focuses his efforts to help those who need it most, the people whose lives have been touched by tragedy and homelessness.



Get to know your friendly neighbourhood superheroes

EROES



PETER TANGEN/FOR METRO

Cross-border showdown. Canadian- vs. American- style superheroes



In Canada, violence is much less frequent than it is in the United States.

For that reason, Canadian RLSH are less likely to fight crime than they are to support social causes.

For example, some make presentations in schools to raise awareness about bullying; others raise funds to support the homeless.

In the United States,

superheroes do similar things, but more superheroes will patrol the streets at night, concentrating on violent areas.

Depending on the state they



live in, they may carry pepper spray and Tasers, and a few carry guns, which is illegal in Canada.

NADIA FEZZANI/FOR METRO CANADA

From the West Coast to the East Coast, more than 15 RLSH are active in Canada. Some patrol the cities at night to fight crime, help others and provide first aid; others stand against bullying, perform community outreach and champion different causes.

CANADA

USA

Aeon Star — Quebec City

Patrolling at night with his team, Aeon Star wants to "diminish violence and pass the message that anyone can make a difference. We raise funds for foundations that help victims of bullying and walks to schools and parks to make people aware of our availability in case they need help."

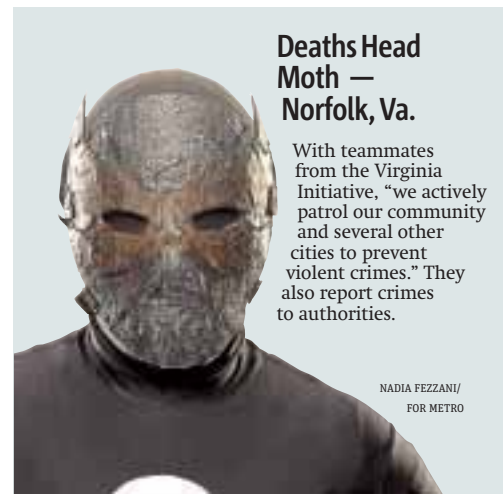
NADIA FEZZANI/
FOR METRO



Deaths Head Moth — Norfolk, Va.

With teammates from the Virginia Initiative, "we actively patrol our community and several other cities to prevent violent crimes." They also report crimes to authorities.

NADIA FEZZANI/
FOR METRO



Polarman — Iqaluit

Polarman visits schools to speak to children. "I wanted to help people. I am tired of seeing people always picking on those weaker than themselves, so I vow to fight back against bullies and all other forms of abuse. I try to get everyone to work together."

NADIA
FEZZANI/
FOR METRO



Dark Guardian — New York

Dark Guardian confronts and exposes drug dealers in a N.Y.C. park. "I have seen a big difference." He also gives food and clothing to homeless people.

NADIA
FEZZANI/
FOR METRO



Timber Wolf — Mississauga, Ont.

At the age of 17, Timber Wolf wanted to make his community a better place. "I just see all sorts of problems but I need the help of the people to fix them. I'm not a vigilante. I'm not beating up bad guys like in comic books." He wears a mask as a symbol for peace.

NADIA FEZZANI/FOR METRO



Hazmat CitizenCrusader & Nightingale CfourOracle — Portland, Ore.

Hazmat and Nightingale perform homeless outreach and raise funds for charities like March of Dimes and shelter refurbishment. "We also participate in neighborhood-watch activities to a lesser extent, due to a low crime rate locally."

NADIA FEZZANI/
FOR METRO



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Trade talks ramping up

'End game.' The hardest part remains in free-trade talks between Canada and the EU: Official

Free-trade talks with the European Union are nearing the

"end game," although the most difficult issues still remain on the table, the head of the EU council said Monday.

Pia Olsen Dyhr, the Danish trade minister and president of the council, said she was optimistic a deal could be struck within six months.

"We are actually at the end game. At the moment we have finalized 75 per cent. It's been

one of the most forthcoming negotiations" the EU has ongoing, she told a news conference with Canadian Trade Minister Ed Fast.

"I see that coming soon and we might expect within a half a year we have finalized the agreement."

Fast was more circumspect in his comments, saying progress was being made at

a "satisfactory pace" and he hoped for an agreement by the end of the year. The talks on a Comprehensive Economic and Trade Agreement would establish the most wide-ranging trade deal Canada has ever entered, encompassing not only goods, but investment and services, and provincial and municipal government procurement. **THE CANADIAN PRESS**

LONDON TRANSIT NEWS

ROUTE SCHEDULE CHANGES
EFFECTIVE APRIL 29 - SEPTEMBER 1, 2012

SPRING SCHEDULE CHANGES

6 Richmond
13 Wellington
27 Fanshawe
33 Proudfoot

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Border security

Investigation into illegal dumping launched

The Canada Border Services Agency (CBSA) said Monday that it has launched an investigation into allegations of dumping of electrical transformers by South Korea.

The inquiry, regarding liquid dielectric transformers with a top capacity of 60,000 kilovolt amperes or more, follows a complaint by Quebec's ABB Inc. and Winnipeg's CG Power Systems Canada Inc.

The CBSA will determine by July 23 whether the transformers are being dumped.

THE CANADIAN PRESS

Medical marijuana

Canadian firm hopes to cultivate mine for pot

A Canadian biotechnology company wants to cultivate medical marijuana in a former copper mine in Michigan's Upper Peninsula.

Prairie Plant Systems Inc. of Saskatoon would need approval from state and federal officials to convert the mine.

THE ASSOCIATED PRESS



Pooches picket, too

American Airlines flight attendants and supporters picket in front of the American Airlines passenger terminal at San Francisco International Airport Monday. The airline wants to, among other things, eliminate 13,000 union jobs, freeze or terminate pension plans, curb health benefits, and reduce time off. **PAUL SAKUMA/THE ASSOCIATED PRESS**

Market Minute

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NETWORKING AND THE ART OF MAKING FAKE FRIENDS



**SHE
SAYS...**
Jessica Napier
metronews.ca/shesays

Every once in a while — and always against my will — I find myself in a situation in which I am expected to “network.” The thing about being a writer is that you end up becoming very skilled

at typing, not talking. Consequently, standing in a room full of other less-than-chatty individuals can be painfully awkward.

We all know the importance of networking when it comes to job seeking. Maybe you know this from experience or from a professional development class or from your know-it-all uncle who is constantly reminding you: “It’s not what you know, it’s who you know.”

I know a few MBA candidates who have been required to attend mandatory networking events to brush up on their schmoozing skills. Students learn the importance of eye contact, exchange glad-handing tips and go head-to-head against each other in timed business-card-collecting competitions.

While these formal networking exercises seem a bit superficial, business logic suggests that a stellar resumé means nothing in a world where being unconnected results in being unemployed.

Unfortunately, this is bad news for introverted folk who do not excel at small talk with strangers. I might have plenty to say in writing, but social

networking in real life is an entirely different story. My idea of “working the room” is nibbling on appetizers and hiding in a corner with my smartphone until it’s appropriate to leave.

These dreaded mix-and-mingle events occasionally take place at a venue with an open bar. Experience has taught me that the nerve-quashing power of free alcohol is tempting but that relying on it can be detrimental when it comes to making a good first impression.

But even with a glass of wine in hand, I have a difficult time selling myself and an even harder time listening to everyone else’s elevator pitch. I always find myself wondering, do we really have to have a conversation? Can’t you just follow me on Twitter?

Yes, I realize this makes me sound socially inept, but hear me out. It’s not that I’m bad with people — I actually think I’m quite good when it comes to socializing — but this form of instantaneous faux-friending just isn’t my specialty.

I don’t know how to win friends and influence people but I do know how to nurture real friendships over a long period of time, and that’s far more important.

After all, at the end of the day, life isn’t really about the number of business cards in your wallet.

One of these things ain’t like the other



E. LAZAREVA / FAR EAST RUSSIA ORCA PROJECT (FEROP)

Black sheep

World’s first ever white orca found?

RUSSIA. Scientists have spotted what they believe to be the first ever all-white adult orca, or killer whale, off the coast of Russia’s Kamchatka Peninsula in the north Pacific Ocean. The male, named Iceberg, was discovered by the international Far East Russia Orca Project (FEROP) near the Commander Islands. “He’s a symbol of all that is pure, wild and extraordinarily exciting about the ocean,” said Erich Hoyt, the co-head of FEROP.

METRO

Part of the pack

2 metres

Iceberg’s dorsal fin, the first visible sign of this unique orca, spans two metres. He lives in a family “pod” with 12 relatives. Twelve years of research have shown that his pod is one of 61 identified orca units in the region. “This discovery is spectacular,” says Hoyt, who also serves as a senior research fellow at the Whale and Dolphin Conservation Society.

60 seconds



Erich Hoyt

Is this whale albino?

We are currently not sure. We need to check his eyes for a pink pigmentation to be certain.

Is he perhaps treated differently because of his colouring?

Family bonds are very strong

among orcas. There is no evidence that he is an outcast.

Is there a danger his life could be under threat?

The remoteness means he’s away from human contact but recent seismic surveys for oil and gas in the region could disturb orcas in the future. This is something of concern.

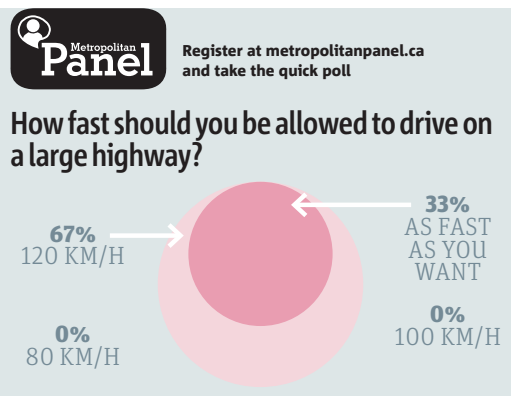
You have found your white whale. Did anyone compare you to Ahab from Moby Dick?

I hope not! From the time of Ahab, we have come a long way in terms of our understanding of whales.

ANTHONY JOHNSTON/METRO



Solving the networking puzzle, one piece at a time. ISTOCK



Twitter

@carolinediezyn: • • • • •
Spending the day marking papers - a great way to avoid April snow in #ldnont

@willheeman: • • • • •
Best of luck to @genevievewoo as she starts if first day of work in #LDNont! So proud of you Gen :D

@SherrFenn: • • • • •
It's so windy that the neighbourhood recycling is everywhere! :(

#ldnont

@519doydye: • • • • •
U need to get something done about ur transit system. #LDNont forcin ppl to consider taking CABS to class! #stepUpYourGame #proudcanadian

@Jvonwahl11: • • • • •
Looking for the hidden job market in #ldnont is like a where is waldo picture that is missing waldo! #jobs #cdnpoli

2

SCENE

Scene in brief

Giuliana and Bill expecting

Giuliana and Bill Rancic are having a baby. The child will be born later this summer via a gestational surrogate, meaning the baby will be genetically theirs but carried by another woman. Last fall, 37-year-old Giuliana announced she had breast cancer and later underwent a double mastectomy. She did not need chemotherapy. Giuliana is the host of E! News. Bill is a 40-year-old entrepreneur and motivational speaker who won the first season of Donald Trump's *The Apprentice*. Together, they co-star in a reality show on the Style Network called *Giuliana & Bill*. Much of the show has been devoted to their fertility issues.

THE ASSOCIATED PRESS

Rhoda Morgenstern memoir in the works

At last, the truth about Rhoda Morgenstern. Valerie Harper, the actress who played one of television's most beloved sidekicks, is working on a memoir called *I Rhoda Book*. The memoir is scheduled for January 2013 and would feature Harper's years on *The Mary Tyler Moore Show* and as star of the spinoff series *Rhoda*.

THE ASSOCIATED PRESS

On the web



Carrie Underwood, Miranda Lambert lead CMT Awards nominations

Hugh Grant is the voice of an inept pirate captain angling to be pirate of the year in *The Pirates! Band of Misfits*. HANDOUT

It's a pirate's life for director Peter Lord

Comedic casting

Captain Hugh Grant

Peter Lord banked on Hugh Grant's comedic prowess when casting him as the Pirate Captain in *The Pirates!* "I really wanted a star for the thing. Hugh is probably the shining example of his generation of a comic actor (so) there was a kind of leap of faith there that he could do it," said Lord.

Underdog story. In Lord's latest animated imagining, a nitwit pirate (voiced by Hugh Grant) pursues a pirate of the year award

STEVE GOW
scene@metronews.ca

Whether it's Wallace & Gromit or last year's *Arthur Christmas*, it seems the Aardman animation company deals in underdogs.

"I always do like those stories," said company co-founder Peter Lord recently in Toronto.

"It's definitely not part of the mandate but it does come very naturally, I have to say."

Now with his latest turn directing *The Pirates! Band of Misfits* (in theatres this Friday), the Oscar-nominated filmmaker brings to life another lovable nitwit in the Hugh Grant-voiced Pirate Captain — a delightfully

Quoted

"These pirates ... they're not very dangerous. ... But they're disrespectful — they're a bit rowdy, noisy, fun-loving — and I think for kids it's very charming to see adults behaving that way."

The Pirates! Band of Misfits director Peter Lord

inept swashbuckler with eyes on the Pirate of the Year award.

"The Captain is an interesting (character) because he's the underdog but he's quite blind to it," explained Lord.

"He's very unaware of what's going on around him so his complete unfittedness to be Pirate of the Year — he doesn't see at all and I find that charming. Delusion is charming."

Half of the strange allure is in the simple archetype of the pirate. For decades, seafaring buccaneers have been entertaining moviegoers of all ages — including Lord.

"It's as simple as this — kids like to see adults behaving badly," said the filmmaker. "These pirates,

let's face it, they're not very dangerous, they're not going to hurt anyone. But they're disrespectful — they're a bit rowdy, noisy, fun-loving — and I think for kids it's very charming to see adults behaving that way."

The challenge of making *The Pirates!* was a special kind of lure for Lord specifically. His love of the craft undeniable, Lord's reasons were straightforward in returning to traditional stop-motion animation after making the computer-generated *Arthur Christmas*.

"A million elves, that sounds like CG," said Lord. "But a wooden tub of a pirate ship with bits falling off it and a crew of shabby rogues on board — that sounds like stop-frame to me."

DVD reviews

**Contraband**

Director. Baltasar Kormakur

Stars. Mark Wahlberg, Giovanni Ribisi, Kate Beckinsale

The proverbial "one last job" takes on family urgency when a former smuggling ace (Mark Wahlberg) is obliged to do a risky Panama run to save his wife (Kate Beckinsale) and kids from a vengeful drug lord (Giovanni Ribisi).

Director Baltasar Kormakur, who played the lead in the Icelandic original *Reykjavik-Rotterdam*, stays in close and dark in this heavily plotted drama, which doesn't really pick up steam until the final reel.

A smart tough-guy turn by Wahlberg gets good ensemble support (including Ben Foster and J.J. Simmons), all of which helps keep *Contraband* from being just another crime story.

So does the step-by-step procedural on the mechanics of smuggling, which perks interest even while the action threatens to flag. Extras include a director/producer commentary, deleted scenes and making-of featurettes.

PETER HOWELL

Sleeping Beauty

Director. Julia Leigh

Stars. Emily Browning, Rachael Blake, Ewen Leslie

There are no handsome princes or enchanted forests in *Sleeping Beauty*. In fact, there's not a whole lot of anything, apart from carefully arrayed nudity and some kinky behaviour that doesn't risk a censor's wrath. Eros snores.

This debut feature by Julia Leigh, an Australian novelist turned director, is afraid to explore the grim subject of female exploitation; it meekly approaches. Extras include interviews and the movie's trailer.

PETER HOWELL

The villain speaks: Tom Hiddleston reprises his role as Loki in The Avengers

Being bad. Actor from Thor has the tough task of taking on six superheroes at the same time

NED
EHRBAR
scene@metronews.ca

It takes quite a villain to require the combined forces of six superheroes — someone out of this world, perhaps. Luckily, British actor Tom Hiddleston is up to the challenge, reprising the role of the mischievous Loki from Thor, this time setting his godlike sights on Earth. We caught up with Hiddleston the day after The Avengers premiere.

How was the premiere?

This is the first time I've been able to really talk about the film. I really only saw it for the first time myself (at the premiere), so I'm kind of giddy with it. What was the most



Actor Tom Hiddleston says he was giddy after seeing the finished Avengers at the film's premiere. HANDOUT

thrilling thing for me was how much people laughed. The whole film is laced with a very particular [director Joss] Whedon humour, and I think he should be very proud of

that. I remember laughing at the script, but sometimes those laughs are dissipated or diluted somehow in the shoot or the post-production. But the thrill of listening to a whole the-

atre laughing so loud that you couldn't hear the next line is really great.

Do you think a big summer blockbuster needs to have

that balance of humour and darkness and action to really make it a big movie? I don't know if it's a necessity. I mean, I've seen big movies that don't make you

laugh. They're still fantastic, and they can move you in different ways. You know, I loved the Dark Knight, but I don't remember laughing particularly loudly at it. Is it funny? Are there laughs in it?

How is it reprising a role, but with a new writer and director? How does it compare going from Kenneth Branagh, who directed Thor, to Joss Whedon?

What's surprising to most people is that they actually have so much in common. Ken is actually a really populist cinephile. Every Friday night, he's at the pictures with his wife watching the most genre or populist thing out there. And Joss is a huge Shakespeare buff. They both have this amazing handle on what good drama is, and my good fortune is that Joss saw an early cut of Thor just as we were coming to the end of shooting and he loved it. He just really dug it.

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The Word

Drive it like Beckham



THE WORD
Dorothy Robinson
scene@metronews.ca

For only \$129,000, you can purchase an SUV designed by Victoria Beckham.

Because the rich don't have enough nonsense to spend their money on, Range Rover commissioned the former Spice Girl to help design a very limited edition of their new SUV, the Evoque.

Only 200 such vehicles will be made, with a price tag that is twice the cost of a regular model.

Does it matter that Beckham has zero experience in designing cars? Of course not!

"I did a lot of research — not just with cars, old and new, but boats, planes, movie stars, different locations," she told Reuters on Sunday in an interview in Beijing, where she was promoting the vehicle.

According to Reuters, the Beckham-designed vehicle features gold accents on

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Victoria Beckham. ALL PHOTOS GETTY IMAGES

the grille and gloss-black forged alloy wheels, as well as "vintage-inspired leather seats, rose gold-plated accents and ... trimmings of black lacquer, textured aluminum and mohair."

"I want a car that reflects

my personality. I'm really proud of this car," she told the Daily News.

Funny. You think a car that reflects Victoria Beckham would look eternally grumpy and be so tiny you could never fit into it.

Handler vs. Jolie rematch



Chelsea Handler

Chelsea Handler isn't letting go of her grudge. When asked in an interview with *More* magazine who she thinks is the opposite of a girls' girl, Handler says, "Probably Angelina Jolie. She doesn't strike me as someone I would have a close friendship with. You just know as a woman, when you see another woman, if that's a woman you can trust." Last year, Handler turned heads when she labeled Jolie "a home-wrecker."



Angelina Jolie

Sweet Katie, bah, bah, bah

Neil Diamond married his manager, Katie McNeil, this weekend in an intimate ceremony in Los Angeles, according to *Us Weekly*. The Sweet Caroline singer is 71, while McNeil is 42. Diamond took to Twitter last September to announce the engagement, posting, "Good news coming from sunny L.A., and you're the first I want to tell. Katie and I just got engaged, and I hope you wish us well."

Twitter



@octaviaspencer

very little tv here in Prague, so I am sure to be productive! still jetlagged. lots of rain in London



@ConanOBrien

Just heard the craziest recording of Mel Gibson speaking in calm and measured tones.



@adriengrenier

Thanks #TSA for another 'guilty until proven innocent' pat down at the airport. If we sacrifice freedom 4 safety & we sacrifice both.



@RichardDreyfuss

For the record: I thoroughly enjoyed the film *Last Action Hero*.

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Triple threat



Scarlett Johansson

Having lost 10 pounds for the role in *Iron Man 2*, Johansson got back into kick-ass shape thanks to extensive martial arts training.



Robert Downey Jr.

His trainer, Brad Bose focused on resistance training using the rowing machine and treadmill and put him on a protein-rich diet.



Chris Evans

Evans' trainer, Simon Waterman, was told to make him look "lean, big and strong." After lots of squats and deadlifts, his body fat dwindled to 8 per cent.



Chris Hemsworth plays Thor, the hammer-wielding God of Thunder. HANDOUT

Try the Thor workout

Celebrity fitness. Want to get Thor-sized biceps and a chiseled Thor-so? His personal trainer shares secrets to getting ripped

ROMINA MCGUINNESS
Metro World News

All Gods have superhuman qualities. In Thor's case, he has superior strength and speed — and major biceps. Unfortunately, we mere mortals — including Hemsworth — have to work hard if we want to look the same, according to Mike Knight, Hemsworth's personal trainer.

"People want to be as powerful as a bodybuilder but at the same time be fast and look sleek and slender."

he says. "Combining the two physical attributes isn't so easy, as it requires merging two different body types. However, it's not impossible."

To solve this problem, Knight created a system that can make you both lean and muscular.

How to get into superhero shape

Knight treated Hemsworth like an off-season bodybuilder:

"First I bulked him up and made him put on as much weight as possible. After that, I stripped off all body fat, leaving nothing but pure muscle."

PHASE ONE: The 'Building'

To reach his ideal weight of 235 pounds, Hemsworth spent 12 weeks doing classic bodybuilder exercises that included inclined presses, Turkish get-ups, windmills,

bum squats and pull-ups. To add bulk, Knight integrated kettlebell weights, a great metabolic tool that builds up core strength.

According to Knight, the heavier a kettlebell, the safer.

"Never hold less than 50 pounds in each hand. Anything below that and you'll be tempted to use your arms to lift the weights. This is when you'll get hurt. When using kettlebells, you need to use your hips to do the lift," he warns.

Food for the Gods

What you eat is crucial if you want to be strong.

"Chris needed to bulk up, so it was a matter of upping his calories so that he could gain up to two pounds a week. Towards the end of training, he was eating 6,000 calories a day, but working out so much that he was burning them right off. His

diet included huge quantities of grains, vegetables, lean protein and potatoes, on top of getting plenty of water and rest," Knight said.

By this point, Hemsworth was ripping through the arms of his Thor costume. Knight then had to get him back down to size.

PHASE TWO: 'Infusion' training

Once he had gained muscle, Hemsworth went on a four-week fat-loss plan.

He focused on 'infusion' training, a combination of bodybuilding and mixed martial arts. Knight devised a total-body circuit that included sledgehammers, log presses, prowler sprints and kettlebells.

"I had to get Chris moving quickly and constantly. Can't do a push-up? Hold a plank — so long as you keep doing something," says Knight.

Fighting form



Hemsworth's fitness secret:

- To get fit, get fighting. Outside of his grueling filming and fitness schedule, Hemsworth would blow off some steam with some Muay Thai kickboxing with the stunt team.



The life of a God isn't all easy. HANDOUT

The caveman diet. Don't delude yourself — cutting the fat is the only answer

Chris Hemsworth ate like a caveman while prepping for his new movie — nothing other than clean foods that weren't loaded with garbage.

"Chris could eat anything that came off trees and from the ground, such as nuts and berries or things you could hunt," says Knight. "He cut out fake sugar, getting his fill from antioxidant-rich fruits such as blueberries, bananas and strawberries."

Hemsworth wasn't eating for pleasure, but for purpose: "If you want the statuesque body of someone like Hems-

worth, then your purpose has to be being fit and healthy," says Knight.

The problem is that most people want both — they want to eat tasty, rich food and at the same time have a perfect body.

If you think that's possible, you're delusional.

Hemsworth may have played a God, but at the end of the day, he's only human. He got his body thanks to his determination and dedication. So quit looking for immediate results and follow his lead. ROMINA MCGUINNESS

3 LIFE

Health minute

Eat clean to look lean

Want to strip away your body fat and show those ripping muscles? Then eat what Mother Nature intended. Recipes from *The Paleo Diet Cookbook* by Dr. Loren Cordain are great if you want to attempt a clean and simple diet.

Controversial claim

Will new study hold water?

Thirsty? Scientists from the University of Bristol in England claim that proteins (molecules that allow us to convert food into energy, supply oxygen to our blood and muscles, and drive our immune systems) may not be dependent on water to survive and function. The controversial statement is currently challenging one of the key beliefs in chemistry.

METRO WORLD NEWS

On the web



Spiritual guru Deepak Chopra takes pointers from Oprah on her 'Lifeclass' tour

Curries, tandoori and naan star in Massey's lunch buffet



Items from the Lunch Buffet at Massey's Fine Indian Cuisine. PAUL MITCHELL



LUNCH RUSH
Paul Mitchell
life@metronews.ca

Serving up contemporary Indian fare in its large, smartly decorated dining room, Massey's tandoor oven stays busy

creating savoury chicken and lamb dishes.

Business is steady during my visit, no doubt due to the allure of its all-inclusive buffet. I am seated and informed that Massey's does not even serve a la carte during lunch. After looking at the range of choice, it makes sense.

The Lunch Buffet (\$11.99) offers appetizers such as vegetable pakora and chutneys, a range of meat and vegetarian mains, and warm or cold desserts.

My plate is quickly heaping with delicious tandoori chicken legs, fluffy rice and peas, and sauce-laden curries.

I enjoy the spicy beef curry and try two rich bean and mushroom specialties. Each are distinctly flavourful, perfect for sublime Naan bread — the star of the meal.

Massey's thrives in an area surrounded with Indian restaurants by offering reasonably priced tasty selections in a welcoming atmosphere.

Visiting the restaurant

Massey's Fine Indian Cuisine

Address. 174 King St.

Phone. 519-672-2989

Website. masseys.ca

Rating. 3.5/5

Price range. \$4.75 - \$14.99

Licensed. Yes

Client negotiations. Yes

Lunch with co-workers. Yes

Social lunch. Yes

Classic Cuban Pork Sandwich. Enjoy an easy to put together snack



This delicious sandwich can be enjoyed while watching a game or taking it on the run for those busy weeknights with the family.

MORE VISIT, EMILYRICHARDSCOOK.CA)

Ingredients

- 4 oz (125 g) sliced peppered or herbed deli ham
- 4 oz (125 g) thinly sliced cooked pork loin
- 8 slices Gouda cheese
- 1/4 cup (60 mL) grainy mustard
- 1/2 cup (125 mL) sliced dill pickles
- 1 ciabatta loaf or vienna style baguette

1. Slice baguette in half lengthwise. Spread mustard on both sides of the bread. On bottom half of baguette, layer the ham, pork, cheese and pickles. Cover with other half of bread; slice in 4 equal sections. **FINLANDICHEESE.COM/**
ADAPTED BY EMILY RICHARDS (PROFES-
SIONAL HOME ECONOMIST, COOKBOOK
AUTHOR AND TV CELEBRITY CHEF. FOR

Traditional jambalaya taste, minus calories

In this recipe, Rocco Dispirito replaces rice with Miracle Rice. A variety of shirataki noodle, it is an increasingly popular option for ultra-low-calorie noodle products. Miracle Rice has no calories, no fat, no carbs and no sodium.

It resembles a large couscous and has an extremely mild flavour. This means it takes well to whatever other flavours you add, making it a perfect base for a high-flavour dish like jambalaya.

If you can't find Miracle Rice at the grocer, it is available online. You also could substitute

cooked brown rice, though this will increase the calories and carbs.

The rest of this dish is built around the basic trinity of Cajun cooking — bell peppers, onions and celery. Chili powder provides the kick. I've trimmed the fat and calories from the protein, which usually consists of ham, sausage or duck. I use leaner chicken and turkey sausage instead.

The result has just 233 calories and eight grams of fat per serving. Traditional recipes have 16 grams of fat and 767 calories.

1. Season chicken with salt and pepper.

2. In sauté pan over medium-high, heat oil. Once oil has starts to smoke, add chicken. Brown chicken 3 minutes, turning pieces once. Remove from pan and add sausage, browning 1 minute, turning pieces once.

3. Add adobo and chili powder and cook for 30 seconds. Add onions, then reduce heat to medium-low and caramelize them slowly until soft and browned, 6 to 8 minutes. Add pepper and garlic and cook

until soft, about another 2 minutes.

4. Add browned chicken, broth, Miracle Rice and black beans. Bring to a simmer. Simmer, uncovered, over medium to low heat for about 5 minutes or until chicken is cooked through and sauce is slightly thickened. Season with salt and pepper and divide among 4 serving bowls.

THE ASSOCIATED PRESS/ ROCCO DISPIRITO, AUTHOR OF THE NOW EAT THIS! AND NOW EAT THIS! DIET COOKBOOKS.



This recipe serves four. THE CANADIAN PRESS H/O

Ingredients

- 4 large boneless, skinless chicken thighs, cut into 5-cm (2-inch) chunks (about 425 g/15 oz)
- Salt and ground black pepper, to taste
- 7 mL (1/2 tbsp) olive oil
- 90 g (3 oz) chicken and turkey andouille sausage, cut into 2.5-cm (1-inch) slices
- 5 mL (1 tsp) adobo powder
- 1 mL (1/4 tsp) chipotle chili powder
- 375 mL (1 1/2 cups) chopped yellow onion
- 250 mL (1 cup) chopped red bell pepper
- 2 cloves garlic, minced
- 150 mL (2/3 cup) reduced sodium chicken broth
- 2 pkgs (each 250 g/8 oz) Miracle Rice, rinsed
- 125 mL (1/2 cup) canned black beans, drained

NATIONAL VICTIMS OF CRIMES AWARENESS WEEK 2012

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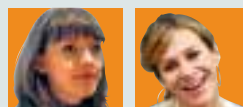
Advice

In search of polygamy

Dear sisters, My girlfriend and I have been together for more than two years and I think she's the woman I will end up marrying, but I still find myself wanting other women — to satisfy other parts of me. We've talked

about having an open relationship and we're both into the idea. How do you suggest we approach this without destroying what we have? Polyconfused

Andrea: Dear Big Love, I'm very happy to hear that you've discussed this with your significant other before engaging someone



TWO SISTERS
Andrea and Claire
Life@metronews.ca

else romantically. No one likes to be included in a

decision only after it's been made. The fact that your girlfriend is open to the idea in theory doesn't mean that she will be in practice — she may be just going along with what you want, not realizing the emotional consequences that this could have.

Ask yourself: are you trying to fill in "the other parts" with more women, when they aren't the

answer? If the answer is "maybe" or "yes," hit the brakes and re-evaluate. If not, best of luck, sir.

Claire: Dear Poly,

Of course you still crave other women — you're human. But asking me how to have an open relationship is like asking a vegetarian to eat headcheese — I simply don't get it.

The question is: what (other) parts of you need satisfying, and how important are these needs? Are you sure you can't fulfill them together? If not, I would lay down some very clear ground rules for you both, about where, how and what you do with these other people. From what little I know, this is essential to keeping the peace.

'This was an honest attempt to stay organized'

The (amusing) perils of urban dating.

Unusually organized online dater makes spreadsheet to keep matches straight

CASSANDRA
GARRISON

Metro New York

One NYC finance worker's spreadsheet cataloging the eight women he had started dating from Match.com has backfired horribly — but hilariously.

Jezebel posted the man's spreadsheet, complete with details about each woman's appearance, personality and messaging interactions.

The site got hold of it after he (stupidly) told a woman he was dating about it and then emailed it to her so she could see it.

Apparently, it was just too good to keep to herself and so she started sending it around, which we thank her for.

We can't imagine that it's easy to keep track of eight women, so we can at least understand the concept behind creating a spreadsheet — but it still seems pretty ridiculous.

He organizes them by name, age, and online appearance in the form of a convenient scale from 1 to 10.

The initial comments/notes section includes his first impressions about the women.

They range from "mixed bag of pictures but great bod," to "Chanel makeup artist."

He keeps impeccable track of his dates and messages with the women, noting their first meeting locations.

Gramercy Park Hotel's Rose Bar seems to be a favourite of his.

His notes reveal that he was stood up by one of the women and another cancelled on him for "work-related" reasons.

One woman who he found to be an "OK girl, but very jappy" (by which we assume he means Jewish American Princess), he put in the "Monitor casually" column.

Another match "from Hawaii and San Francisco," he notes to himself to "Monitor closely."

The meticulously systematized dater admitted to Jezebel, "I work with spreadsheets a lot. It's a great additional tool. I work long days, go to the gym, go out on a couple of midweek dates or whatnot, get home late ... how am I going to remember them? I'm not. So I made the spreadsheets."

"My comments aren't malicious or mean. This was an honest attempt to stay organized."



Remember to be careful about what you send in emails. There's always the chance it could go viral. CONTRIBUTED

He also said he emailed the spreadsheet to his date because she was into spread-

sheets, too.

Sounds like a real love connection, if you ask us,

but alas, this scorned dater said he will never be using Match.com again

— he didn't, however, say anything about not using spreadsheets in the future.

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WHEN TO SELL YOUR GOLD

THERE HAS NEVER BEEN A BETTER TIME TO CASH IN ON JEWELRY, COINS AND OTHER PIECES THAT CONTAIN THE PRECIOUS METAL

Although the price of an ounce of gold has dropped significantly since November 2011, it still stands at more than \$1,600, a three-fold increase since 2006.



Given these prices, it should come as no surprise to learn that the market for recycled gold (recovered from jewelry and other pieces) is strong. So how can you tell when the time is right to sell your gold?

People tend to buy gold either as an investment (e.g. gold bars, coins) or as an expression of affection (wedding ring, necklace, watch). For people who bought gold as an investment, deciding to sell can be relatively easy; if the value of your gold has increased enough and you feel you can do better by investing the money elsewhere, it's clearly time to sell. For those who bought gold for sentimental reasons, though, it can

be a much harder decision. How do you feel about the piece now? If you sell, will you miss it a few years down the road? Bottom line: If the feeling is gone, so too is the reason for keeping the piece.

WHY SELL?

The most common reason people sell gold, of course, is that they need the money. Another reason to sell is if the gold is in a piece of jewelry that is damaged or broken.

If you have earrings without mates, for instance, a brooch with a clasp that no longer closes, an old watch that no longer tells time accurately, or a chain that is too twisted and kinked to wear, it may be a good time to sell. Jewelry repairs can be prohibitively expensive. A third common reason to sell is that the jewelry has gone out of style.

The market for older jewelry is small, while there are many buyers for precious metals. If you do choose to sell, make sure to shop around for a reputable buyer.

— Peter Doyle

WHAT DO GOLD BUYERS LOOK FOR?

A gold piece usually has a hallmark — a stamp identifying the percentage of gold it contains. Look for these hallmarks: 8kt, 9kt, 10kt, 14kt, 18kt, 21kt, 22kt 24kt, 417, 585 or 750. Gold buyers will not be interested in pieces marked with 1/10 GF, 1/20 GF, EGP or GP.

FORTUNE OR JUNK?

That box full of jewelry on your dresser could be worth a fortune. On the other hand, it could be junk.

Here are some tips to separate the near worthless costume jewelry from the more precious pieces — and for the most part, you don't need any fancy equipment.

Put a magnet (any one will do, even a fridge magnet) near each piece of jewelry. Precious metals don't stick to a magnet, but most costume pieces are made of steel. So if that ring sticks to the magnet, it's probably not worth much.

Use a magnifying glass (again, almost any one will do) to inspect the pieces that didn't stick to the magnet to determine their karat (kt). The mark is typically not readily apparent — on the inside of the back of a ring, for example — and may be worn off or too small to see with the naked eye.

Separate the pieces into piles of different karats since each has a different weight. Gold jewelry can vary from as low as 8 karat to up to 24kt, but in Canada most jewelry is made of 10kt, 14kt or 18kt gold.

Weigh the various pieces separately on a scale that is calibrated in grams. Many ordinary kitchen scales have this capability (gold prices are quoted in troy ounces, each of which is equivalent to 31.1045 grams).

— Pauline Anderson



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SOLD YOUR GOLD?

WHAT'S THE BEST WAY TO SPEND YOUR MONEY

So you cleared out the old boxes of jewelry and commemorative coins and sold it to the highest bidder. What's the best way to spend the money? Assuming you don't need the money to pay next month's rent or this week's grocery bill, here are a few ideas:

TREAT YOUR HONEY

Only you know what your sweetie likes best (asking friends works, too). How nice the



treat depends on how much you received for the gold: Indulgent chocolate, fancy clothes, a cruise?

GET SENTIMENTAL

If you recycled gold that was originally

bought for sentimental reasons, why not put some of the proceeds into another sentimental pursuit, such as digitizing home movies. Most families have dozens of old photos, movies and videos that nobody looks at in the digital era. Digitizing movies,

and scanning old slides and photos can be time-consuming and expensive, but there is no better way to reconnect with the past. Investing in a sentimental project is simply good karma.

CHARITY

Not all gold is mined equally. Many gold mines in African countries such as Burkina Faso and Niger use children as slave labour. Several charities, such as Save the Children and UNICEF, have projects that target children in those countries.

INVEST

This might sound like your dad, but put at least some of the money into something that will appreciate in value. Good luck in guessing what that is.

SAVE THE PLANET

As the saying goes, "think global, act local." One of the best things you can do for the environment is to support urban gardening — farming vegetables in the city. Urban gardens reconnect people with both the environment and with the food they eat. Several projects, such as the Davie Village Community Garden, were made possible by people who donated some combination of labour, money and expertise. If there is an urban garden project in your neighbourhood, donate some of your gold money to it; if there isn't project, use your money to start one!

— Peter Doyle

FIND A GOLD BUYER YOU CAN TRUST

Once you have made the decision to sell your gold, how can you find a buyer you can trust? The Canadian Jewellers Association and Jewelers Vigilance Canada offer these helpful tips:

DO YOUR HOMEWORK

Know the current price of gold, and the weight and gold percentage of the pieces you want to sell. Gold percentage is calculated in karats — look for the karat stamp on your jewelry. Pure gold (usually only on gold bars) is stamped 24K; a ring stamped 12K is 50 per cent gold. A piece marked 8K and weighing 10 grams contains five grams of gold (less than one-fifth of an ounce).

UNDERSTAND THE PROCESS

If a company wants you to leave jewelry for evaluation, make sure you get a detailed receipt. Ask if the piece will be sent offsite and how long it will take to get an offer to purchase. Remember, buyers generally pay less than the current market price for gold.

GET AT LEAST THREE QUOTES

A reputable company usually has no qualms about providing free quotes. Be wary of anyone

who tries to pressure you into quick sale. Businesses that buy gold in Canada are subject to municipal law. Ask to see their business licence and check their reputation with the Better Business Bureau.

BEWARE OF ONLINE COMPANIES

As with any online transaction, consumers need to be extra cautious when selling gold over the Internet. Always speak with a company representative via telephone and ask the same questions as you would in a store. If you sell to a company outside of Canada, be sure to understand the potential issues with customs clearances and exchange rates.

GEMSTONES ARE NOT INCLUDED

Most companies want only the gold. Ask to keep the stones or get the company to make an offer to buy them separately.

BE CAUTIOUS WHEN SELLING HEIRLOOMS

Be extra careful with jewelry that is more than 50 years old; you may get more money by selling it whole than by recycling the gold it contains.

— Peter Doyle



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Buying a house? Don't go to the bank



An independent broker isn't tied to a financial institution. ISTOCK IMAGES

Mortgage alternative. An independent broker often has access to better rates and more flexible payment terms



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

I sold my property last week and I'm in a mad scramble to find a new home. With my wish list in hand and a pre-approved mortgage under my belt, I'm confident I'll eventually find what I'm looking for.

Much to the chagrin of my financial planner, a bank employee, I've decided to use an independent mortgage broker rather than getting my mortgage

from the bank. Based on my research, mortgage brokers often have access to better rates and more flexible repayment terms.

Mike, my broker and an old pal from university, walked me through the pre-approved application process and reviewed my commitments to the bank where my existing mortgage resides.

He then shopped my application around to multiple vendors and came back less than 24 hours later with a rock-bottom rate.

An independent mortgage broker isn't tied to any financial institution and instead works on your behalf, rather than the lender.

Because they are not employees of a lending institution, mortgage brokers are not limited in the products they can offer you.

They can seek out the best mortgage options to suit your specific situation,

from a multitude of lenders — banks, trusts, private companies and insurance firms. Their primary role is to provide unbiased mortgage options and advice to clients.

In most cases, mortgage brokers are free. When the broker matches a lender with a buyer and a mortgage is placed, the broker is paid by the lender based on size of the mortgage, not the rate.

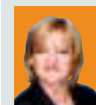
If you're thinking of using a mortgage broker, choose wisely. Get referrals from trusted friends or family members.

Do your research in advance of meeting with them; know about current rates and structures. That way you'll have some idea of what you're hoping to achieve and can clearly communicate it.

I love saving money, and based on my recent first-hand experience, using a mortgage broker will save me tens of thousands of dollars.

Effecting change

Make your consumer voice heard



YOUR MONEY
Alison Griffiths
money@metronews.ca

You have tremendous power as a consumer when you use spending as leverage.

Gasoline prices recently hit \$4.93 a gallon in L.A. While Republicans are trying to pin it on President Obama, something amazing is occurring: American consumers are taking action. Through a combination of driving less and purchasing more fuel-efficient cars, they're using dramatically less gas.

According to the Federal Highway Administration, as of Jan. 1 the total number of vehicle miles driven was lower than any year since 2004, and gasoline consumption is down six per cent since 2007.

The mini-revolution taking place south of the border reminds us that though we often feel impotent as consumers, we do have the power to effect change. Here are three ways I'm going to make my consumer voice heard.

1. Say no to non-recyclable plastic containers

It drives me nuts that my favourite organic yogurt comes in a non-recyclable container. The company is negating the organic good by using the wrong type of packaging.

I will stop buying that brand and write a letter to the company to tell them



Consumers can use spending as leverage. ISTOCK IMAGES

why. From my experience, smart businesses pay close attention to each missive.

2. Cut my gas consumption

I already own a five-year-old Camry hybrid and I just replaced my 10-year-old farm truck, a Toyota Tundra, with a Ford 150 equipped with the Eco boost six-cylinder engine. It tows better than the eight-cylinder and gets almost twice the gas mileage.

Even so, I think I can conserve even more by cutting down on unnecessary trips, doing a longer list of errands each time I'm out and easing up on my pedal-to-the-metal tendency (my husband will be so pleased).

3. Deep six the phone companies

I'm sick of expensive phone service, the arcane complexity of the packages, numerous billing mistakes and interminable waiting in telephone queues to get service.

I intend to investigate alternatives such as Vonage, Skype, Convergia and Magic-Jack and perhaps move to a text-only cellphone package. If you have made the switch, let me know.

Available anywhere.
Download the Metro app today.

Brotherly love for Bryzgalov

NHL. Flyers' enigma in net proving to be clutch when it counts

Claude Giroux can tell in warm-up when goalie Ilya Bryzgalov is going to play a strong game.

But don't expect the all-star forward to spill his secrets.

"I can't tell you that," Giroux said, smiling.

Whatever the indicator that the Philadelphia Flyers goalie will play his "A" game can remain classified for now. Bryzgalov — after a brutal first five games in which he allowed 20 goals — tipped off the Flyers that he was ready to dominate in Game 6, then went out and shut down the Pittsburgh Penguins in the 5-1 clincher on Sunday.

Bryzgalov has been a source of frustration and fulfilment in his first season in net for the Flyers, and the Pittsburgh series was no different. He won four games, and advanced, sure. But he also posted a 3.89 goals-against average along the way.

It was just another chapter in a puzzling campaign. One that featured oddball quotes and a Winter Classic benching. At times, it was enough to make fans wonder why the Flyers gave him \$51 million US last summer. His torrid March, though, coupled with his 30-save brilliance in Game 6, made the Russian worth every ruble.

For now.

"Bryz was unbelievable

Quoted



"We pretty much had to play perfect hockey... When you put yourself

3-0, it's pretty tough to get back in."

Sidney Crosby, Pittsburgh Penguins captain

from start to finish," Flyers forward Danny Briere said of Game 6. "That was something special."

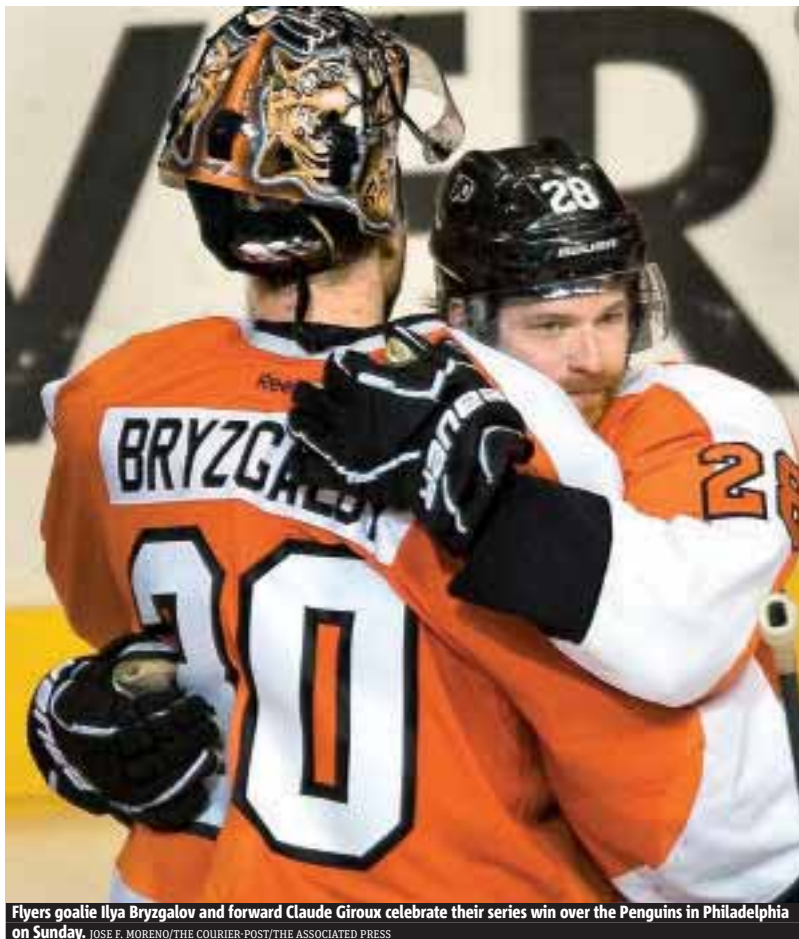
The Flyers expected Bryzgalov to be the missing link, the goalie who would lead them to their first Stanley Cup championship since 1975. He responded, by going 33-16-7 with six shutouts this season after coming over from Phoenix.

But he is mystifying, saying at various times during the season that he is "lost in the woods," and is scared only of "bears in the forest." He complained in December about the pressure in Philadelphia and said he wished he made only \$450,000, so no one would notice him.

But a more sanitized Bryzgalov has emerged, one who grew annoyed with questions focused on him after Game 6.

"No personal pride," he said. "It is a team effort. It is the whole organization."

THE ASSOCIATED PRESS



Flyers goalie Ilya Bryzgalov and forward Claude Giroux celebrate their series win over the Penguins in Philadelphia on Sunday. JOSE F. MORENO/THE COURIER-POST/THE ASSOCIATED PRESS

NHL. Canucks try to come to grips with early ousting

Now, the soul-searching begins for the Vancouver Canucks.

A season that began with hype and hope ended Sunday in disappointment and dismay. The Canucks lost 2-1 in overtime to the Los Angeles Kings in the fifth game of their Western Conference quarter-final series.

The underdog Kings only qualified for the playoffs in the final days of the regular season. But they beat a favoured Canucks squad that finished atop the NHL's overall standings for the second straight season by a decisive 4-1 count in the best-of-seven series.

"We're all very disappointed



Vancouver's Henrik Sedin shakes hands Sunday with Kings goalie Jonathan Quick. RICH LAM/GETTY IMAGES

with how things turned out right now, and (we're) just going to step back and figure things out," said coach Alain Vigneault.

THE CANADIAN PRESS

MLB

Explanation in Braun drug case to be shelved?

People familiar with the case tell The Associated Press there may never be a written decision explaining why Ryan Braun's drug suspension was overturned.

The arbitrator who threw out the 50-game suspension of the NL MVP has been asked by the players' union and management to hold off giving his reasoning while they negotiate changes to their rules for collecting specimens.

THE ASSOCIATED PRESS

Clemens. Gloves come off in opening statements

Prosecutors are painting Roger Clemens as a man who told lies and "other lies to cover up lies" after the court seated a jury that includes seven people who said they've never heard of the seven-time Cy Young Award winner now being retried on charges of lying to Congress.

Prosecutor Steven Durham made his opening statement Monday. He called Clemens a "great baseball player" who engaged in a "story of deceit and dishonesty and betrayal" instead of acknowledging alleged use of steroids and human growth hormone.

Back in court

Roger Clemens is accused of lying when he said he never used steroids or HGH at a 2008 congressional hearing and at a deposition that preceded it. The case is back in court after a mistrial last year.

On the fifth day of the trial, the court finally seated 12 jurors and four alternates. The 10 women and six men mostly said they didn't follow baseball or know much about Clemens.

THE ASSOCIATED PRESS

4

SPORTS

Quoted

"Lots of room (on the bandwagon), we've got a big one."

Ottawa Senators centre Jason Spezza on Monday. As the last Canadian team left in the NHL playoffs, the Senators are happy to accept added support that is bound to come their way from across the nation. Especially if they're able to knock off the No. 1 seed New York Rangers in the first round. The Senators held a 3-2 series lead going into Monday night's game in Ottawa. Go to metronews.ca for the game result.

Panthers-Devils

Florida scales back on rats

The rats can still fly — when appropriate — at Florida Panthers hockey games. They just won't be for sale there anymore. Florida announced Monday it will no longer sell the plastic toys for \$5 apiece at BankAtlantic Center, starting immediately. "This is a result of visiting fans throwing rats on the ice during the game," Panthers president Michael Yormark wrote on Twitter. It's all a nod to the 1995-96 season, when Florida went to the Stanley Cup finals.

THE ASSOCIATED PRESS

On the web



Albert Pujols got \$240 million US to come to Los Angeles as a free agent in the off-season, but he has yet to hit a home run in an Angels uniform in 2012. The slugger is mired in the second longest homer-less drought of his career and that is just one of the Angels' worries. Scan the code for the story.

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World Peace faces league discipline for elbow shot

NBA. Lakers forward has checkered past

The Lakers jersey says World Peace on the back. The player wearing it is still Ron Artest, and he's in trouble again with the NBA.

Metta World Peace was pounding his chest with his right arm in celebration of a dunk over two opponents Sunday when his left arm suddenly flew out, landing a vicious back-

ward elbow to James Harden's head and dropping the Oklahoma City guard to the hardwood.

Fans watched in disbelief the latest act of violence by a player who changed his name last year to promote peace.

World Peace is likely to be sidelined when the Lakers open the post-season this weekend, and possibly longer. He claims he accidentally clipped Harden while celebrating a dunk, yet given his history, not even his teammates have any idea why he lost control for an inexplic-



Metta World Peace leaves the court Sunday in Los Angeles.
STEPHEN DUNN/GETTY IMAGES

able instant.

"It was unfortunate that James had to get hit with an unintentional elbow," World

Peace said. "I hope he's OK."

He undid much of the goodwill created by his notable charity work when he knocked Harden out of the late-season game, giving him a concussion.

His upcoming suspension will be just a fraction of the 86-game ban Artest received in November 2004 when he jumped into the stands at the Palace of Auburn Hills to fight fans, precipitating perhaps the ugliest brawl in North American sports history.

THE ASSOCIATED PRESS

NBA

Bobcats' Thomas ejected for throwing elbow

Charlotte forward Tyrus Thomas was ejected from the Bobcats' game with the Wizards for throwing an elbow at Washington's James Singleton late in the first quarter on Monday night.

Thomas was dribbling and Singleton was defending him when the Charlotte forward elbowed him with 3.6 seconds remaining in the quarter. He was immediately called for a flagrant 2 foul and ejected. THE ASSOCIATED PRESS

NFL

Saints deny eavesdropping allegations

The New Orleans Saints denied an anonymously sourced ESPN report on Monday that alleged general manager Mickey Loomis' booth in the Superdome was wired so he could listen to opposing coaches' radio communications during games.

ESPN could not determine if the system was ever used. The report alleged Loomis would have been able to eavesdrop on opponents from 2002 to 2004. THE ASSOCIATED PRESS

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Crossword

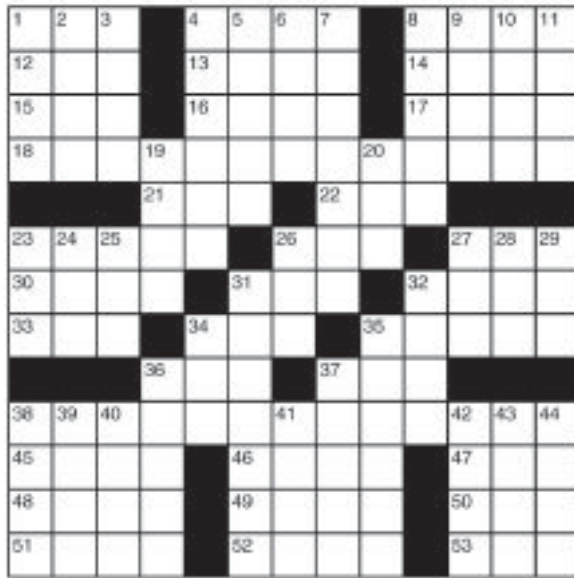
Across

- 1 Wanted-poster abbr.
4 Throat clearer
8 Impale
12 In the thick of
13 Prolonged sleep
14 "The Music Man" locale
15 Put off paaying
16 Invent a word
17 Succeed at horticulture
18 TV show set in Arlen, Texas
21 Mule's daddy
22 Feedbag tidbit
23 Dangle a carrot
26 Supporting
27 Indispensable
30 Woodwind
31 Spitball
32 Jazz style
33 — -Wan Kenobi
34 Zero-star review
35 Fills till full
36 Sandy's comment
37 Shade provider
38 Pennsylvania town
45 Bloodhound's clue
46 Rings around the collar?
47 URL end
48 Unesorded
49 Apiece
50 Packed away
51 Lotion additive

- 52 Dispatch
53 Took off

Down

- 1 Uncontrollable
2 Chinese gooseberry
3 Mideast gulf
4 Approach aggressively
5 Stock footage?
6 Send forth
7 Boy's eventual status
8 Vision
9 Actress Spelling
10 MPs' captive
11 Wail loudly
19 Yawn
20 Corn spike
23 Excessively
24 Undergo recession
25 "Ostentatious? —?"
26 Enthusiast
27 DIY buy
28 Enos' granny
29 "Undeniably"
31 Brunch entree
32 Predicaments
34 Expert
35 Like wet snow
36 Correspond
37 "All My Children" role
38 Caffeine-rich nut



- 39 "American —"
40 Admonition to Nanette
41 Ring out

- 42 Cicatrix
43 Tittle
44 Congregation's cry

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	9	1	7	8	5	2	6	3
2	3	7	4	6	9	1	8	5
6	5	8	3	2	1	9	7	4
1	2	6	9	3	8	5	4	7
5	7	3	1	4	6	8	2	9
9	8	4	5	7	2	6	3	1
8	4	5	2	9	3	7	1	6
3	1	2	6	5	7	4	9	8
7	6	9	8	1	4	3	5	2

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

Q IYRUQMIQAU. WYYCXAF
CXJY XU LXLAU EKQIFY
YAZMFK WZI WXCCYUR.
LYEXLYL UZ IQXRY UKY
RUYQJR.
Yesterday's Cryptoquip: SUPPOSING YOU HAD
YOUR PICTURE TAKEN BY A BIG ALASKAN
BEAR, I'D CALL THAT A KODAK MOMENT.
Today's Cryptoquip Clue: L equals D



For today's crossword answers and for expanded horoscopes, go to metronews.ca



Horoscope

- ♈ Aries | March 21 - April 20.**
Partners and colleagues will happily shovel more work in your direction today — and you will happily shove it back at them.
♉ Taurus | April 21 - May 21.
You will be hugely assertive over the next few days.
♊ Gemini | May 22 - June 20.
Someone may have let you down once but that does not mean they will let you down again.
♋ Cancer | June 21 - July 22. If there is something that needs doing in your life that you feel is beyond your capabilities then call in an expert.
♌ Leo | July 23 - Aug. 22. Try not

- to make a bad impression on someone you have to deal with.
♍ Virgo | Aug. 23 - Sept. 22.
This will be one of those wonderful days when everything goes right for you, even if you do the wrong things.
♎ Libra | Sept. 23 - Oct. 22.
Whatever the majority opinion happens to be at the moment you will take the opposing view, just for the fun of it.
♏ Scorpio | Oct. 23 - Nov. 21.
Do you have secret enemies? Maybe. Are they lining up to stab you in the back? Of course not.
♐ Sagittarius | Nov. 22 - Dec. 21. Get your chores out of the way

- as quickly as possible.
♑ Capricorn | Dec. 22 - Jan. 20.
This is potentially one of the best days of the year for you as the Sun and Mars join forces across the most dynamic angles of your chart.
♒ Aquarius | Jan. 21 - Feb. 18.
Just because you don't much like someone does not mean you cannot work together on the same team.
♓ Pisces | Feb. 19 - March 20.
You have been quietly working away behind the scenes and very soon will get the breakthrough you have been hoping for. When it arrives stay calm and resist the urge to make a big thing of it. Modesty is your strength.
SALLY BROMPTON



Caption Contest

Tell Lady GaGa my beard is not for sale!
Agatha
FELIX KAESTLE/THE ASSOCIATED PRESS

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